



## **Preventing West Nile Virus and Other Diseases Carried by Mosquitoes**

Frederick citizens can reduce their risk of becoming infected by taking the following steps to avoid mosquitoes:

- Stay indoors at dawn or early in the evening.
- Wear long-sleeved shirts and long pants when going outdoors.
- Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing. An effective repellent should contain 30% DEET. Higher concentrations of DEET do not provide additional protection.
- Apply insect repellent sparingly to exposed skin and following all package instructions.
- Parents should choose the type and concentration of repellent to be used by considering the amount of time that a child will be outdoors, exposure to mosquitoes, and the risk of mosquito-transmitted disease in the area.
- Persons who are concerned about using DEET or other products on children may wish to consult their health care provider for advice.
- Ensure that all window screens in your home or business are intact and do not contain holes. Repair damaged screens.

Mosquitoes can breed in as little as 1/4 inch of water. In addition to the personal protective measures listed above, Frederick citizens should take the following precautions to reduce mosquito-breeding sites around their homes and businesses.

- Remove all discarded tires from your property. If tire removal is not possible, puncture or cut tires to prevent water from collecting in them
- Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers
- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall
- Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep empty and covered
- Drain water from pool covers
- Change the water in birdbaths at least once a week
- Turn over plastic wading pools and wheelbarrows when not in use
- Eliminate any standing water that collects on your property
- Remind or help neighbors to eliminate breeding sites on their property
- Check for trapped water in plastic or canvas tarps used to cover boats, pools, etc. Arrange the tarp to allow water to drain
- Pump out bilges in boats. Store canoes and small boats upside down
- Remove outdoor pet food and water dishes that are not being used
- Flush livestock water troughs twice a week
- Do not leave garbage can lids lying upside down. Be sure water does not collect in the bottom of garbage cans or recycle bins
- Check around construction sites or do-it-yourself improvements to ensure that proper backfilling and grading prevent drainage problems
- Check ornamental ponds, tree holes, and water-holding low areas for mosquito larvae